



SWS Mountain Guides

210 East Lake St.

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Phone: 888.797.6867 / Fax: 877.797.6867

ADVANCED ALPINE MOUNTAINEERING COURSE

Eastern Sierra Nevada, Tioga pass, Inyo National Forest



Description: Learn advanced mountaineering techniques in the stunning alpine environment of the Eastern Sierra. This three-day course is a “skills based” training which begins with a quick review of the basics of snow, ice and rock craft before moving on to more advanced climbing techniques. Learn how to use a variety of tools and techniques for climbing rock and snow as well combining these skills for mixed alpine routes need for many routes in the Sierra Nevada. A continuation of our Basic Alpine Mountaineering featuring a quick review of basic mountaineering techniques before moving on to advanced instruction. We will then attempt the North Peak Couloirs, which ascends alpine ice up to 65 degrees, or a Crystal Crag Rock Route for the culmination of this course.

Topics include: Review of the use of ice ax and crampons, self arrest, basic rock techniques. Route planning, route evaluation and equipment decisions, advanced ice and snow climbing techniques, advanced rock climbing techniques, multi-pitch route belaying and rappelling, rope systems management, anchoring in rock, ice and snow, navigation and weather considerations.

Itinerary: We will meet at the Mobile Station at the junction of Hwy 395 and Hwy 120 in Lee Vining the first day of the course at 8:00 A.M for breakfast (no really a great breakfast at the Mobile Station). From there, we will drive the best location for rock climbing depending on weather and group skill level and desires. Rock skills will be practiced until 4:00 or 5:00 in the afternoon. The second day, we will practice alpine climbing skills at Ellery Bowl or similar location depending on the local conditions until 3:00 or 4:00 in the afternoon. The third day, meeting early in the morning for an alpine start, the group will depart for the North Peak (50-65 degree snow and ice) for an enjoyable climb up one of the classic Sierra gullies of North Peak or head off to Crystal Crag for an Alpine Rock route. The summit will finish off the climb as we descend towards our cars ending the day mid-afternoon.

Location: Eastern Sierra Nevada, Lee Vining, California

Includes: Professional guide(s)/instructors, group climbing equipment including: technical rock & ice climbing equipment, ropes, harnesses, crampons, ice axes, helmets and permits fees. Guide to client ratio 1:2.



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Dates 2016:

June 3-5

July 23-25

August 19-21

September 9-11

Additional Dates are available with 2 or more - regular prices or by private arrangement.

Cost: \$645.00

Group size: Minimum group of 2 with 1 guide with a Maximum of 4 with 2 guides

Level: High Intermediate to Advanced. Participants should be in excellent physical condition; previous rock climbing, or mountaineering experience is required. Knowledge of knots, belays, crampon and ice axe use (or completion of our Basic Alpine Mountaineering Course). Give us a call if you have any questions.

Note: This course consist of three consecutive day trips, no overnight backcountry equipment is required. You are free each evening to enjoy the surrounding environ. Forest Service campgrounds, motels, and lodges (reservations required), are located only minutes away from our daily meeting locations. Camping equipment can be rented upon request.

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